

# Community Garden News

City of Loma Linda

August 2004

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES



## Thank You!

To those of you who were able to participate in the July vegetable exchange. All of your contributions made this event successful. We hope you enjoyed sharing your fresh fruits and vegetables.



## August Vegetable Exchange Days

Saturday August 7th  
Sunday August 8th

Saturday August 21st  
Sunday August 22nd

Garden hours are  
dawn 'til dusk



## Vegetable Garden: August To Do List

Sunset Magazine

### PLANTING

**HERBS, VEGETABLES.** Sow bush beans, carrots, collards, corn, pumpkin, scarlet runner beans, summer squash, and turnips. Set out transplants of basil, chives, and lemon verbena.

### MAINTENANCE

**CONTROL INSECT PESTS.** Translucent patches on corn leaves are usually caused by corn borer larvae. Similar damage on grape leaves is caused by the grapeleaf skeletonizer. Both pests can be controlled by spraying plants with Bt (*Bacillus thuringiensis*).

**FERTILIZE.** Feed annual flowers and vegetables with a fertilizer high in phosphorus (15-30-15, for example). Feed citrus trees with a high-nitrogen fertilizer (12-3-3).

**REJUVENATE TOMATOES.** Cut indeterminate (vining-type) tomato plants back to 10 to 15 inches, fertilize, and water deeply to encourage a fall crop.

**SPREAD COMPOST.** Spread a 6 to 8 inch layer of organic compost around annual flowers and vegetables to maintain soil moisture and keep roots cool. After you pull spent plants, dig the remaining compost into the soil before fall planting.

**ZAP WEEDS WITH VINEGAR.** USDA Agricultural Research Service studies show that household vinegar is an effective biodegradable herbicide that kills many weeds, including Canada thistle, during their first two weeks of life. Spray young weeds with undiluted white vinegar (5 percent acetic acid) when the air is still, taking care not to spray desirable plants.

— Kim Nelson

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California Healthy Cities  
and Communities



**What do you  
get if you  
divide the  
circumference  
of a pumpkin  
by its  
diameter?**

**Pumpkin pi.**

## Assuring Ripeness During Harvest

It may be difficult to know exactly when vegetables are ready for harvest so here are a few visual clues to ensure that you are cutting only the most ripe and flavorful vegetables.

1. **Green beans** planted in mid to late spring continue to set beans through most of the summer if you keep picking the ripe beans. For best flavor, pick them when they are thinner than a pencil.
2. **Bell peppers** are dramatically affected by harvest time. When they mature to full size, they are green but still have a bitter flavor because they're not fully ripe. Allow them to remain on the plant and ripen further for several more weeks. When they become red, yellow, or orange, they're sweeter. Because the peppers take so long to change color, individual plants don't produce as many peppers over the season. You may want to increase the number of plants to maintain production levels.
3. **Zucchini** are ready for harvest when they are 5 to 8 inches long. You'll find them at their peak flavor and tenderness at this young age.
4. **Fingerling (or new) potatoes** are ready for digging when the plants finish blooming. Dig the potatoes, spread them on the soil to dry, then brush off the soil and store them in an airy, cool, dark place.
5. **Tomato** stems are tough, so harvest the tomatoes with garden scissors or pruners rather than just yanking them off the vine. For best flavor, pick ripe tomatoes just before you're going to eat them. If you're picking a few days' worth of tomatoes, store them out of direct light at room temperature. Green (unripe) tomatoes will ripen on the kitchen counter.

## Roasted Beets with Orange Vinaigrette

PREP AND COOK TIME: About 1 1/4 hours

MAKES: About 7 cups; 6 to 8 servings

2 1/2 pounds (including tops) **golden**, pink, or red **beets** (each 2 to 3 in. wide; see notes), rinsed and greens trimmed and discarded or reserved for another use

6 tablespoons **orange juice**

3 tablespoons **champagne vinegar** or white wine vinegar

2 tablespoons minced **shallots**

1 teaspoon **salt**

**Pepper**

1. Place beets in a 9 by 13 inch baking pan. Add 1/2 inch water. Cover tightly with foil and bake in a 375° regular or convection oven until tender when pierced, 45 to 60 minutes. When cool enough to handle, peel and cut into 1/2-inch wedges.
2. Meanwhile, in a bowl, combine orange juice, vinegar, shallots, salt, and pepper to taste. Add the warm beets and stir to coat. Serve warm or at room temperature.

*Per serving: 33 cal., 2.7% (0.9 cal.) from fat; 1 g protein; 0.1 g fat (0 g sat.); 7.5 g carbohydrate (0.6 g fiber); 333 mg sodium; 0 mg cholesterol.*